

Sunday, February 27, 2011

Carrollton Runners Club Mile + 5K

65F Cloudy 78%H

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Windy S15

Mile Off :7:34 am

5K Off :7:49 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Sean McGowan	6:39.93	Joseph Caguioa	20:31.88	Gabriel Sapien	21:01.78	Julio Lopez	22:48.51
Yanira Lopez	7:59.33	Laura Nelson	20:37.87	Yanira Lopez	28:01.47	Carol Creech	38:33.53

5K MALE

32 Runners --- Average Time of 27:16

	Name	City	(Age)	Split	Chip Time	FN*	Pace	Place in OA	GD
OVERALL	1 Joseph Caguioa	Richardson	(19)	+10	20:31.88		6:36.5	1	1
MASTERS	1 Gabriel Sapien	Carrollton	(51)	-3	21:01.78		6:46.1	3	2
SENIORS	1 Julio Lopez	Farmers Branch	(55)	+9	22:48.51		7:20.5	5	4
M01-09	1 Aidan Beukema		(6)	+47	34:59.04	✓	11:15.6	38	30
M10-14	1 Nate Hoppe	Keller	(12)	+65	23:33.69		7:35.0	8	7
	2 Gavin Hunt	Arlington	(11)	-171	34:38.50		11:09.0	37	29
	3 Gavin Berghuis		(14)	+297	36:04.67		11:36.7	41	31
M20-24	1 John Veloria	Richardson	(21)	+110	28:15.01	✓	9:05.6	28	24
	2 Ali Mozayan	Richardson	(20)	+198	31:40.58		10:11.7	35	28
M25-29	1 Christopher Williams	Carrollton	(29)	+18	29:02.84		9:21.0	31	26
M30-34	1 Adam Oliver		(32)	+6	22:25.97		7:13.2	4	3
	2 Luis Carmona	Dallas	(30)	+35	23:36.51		7:35.9	9	8
	3 Paul Beukema		(34)	+5	26:08.58	✓	8:24.9	22	19
	4 Greg Makin	Aubrey	(30)	+109	53:34.52		17:14.7	50	32
M35-39	1 Kevin Kittredge	Lewisville	(39)	+43	23:02.33		7:24.9	6	5
	2 Nathan Bruser	Coppell	(39)	-24	23:35.21		7:35.5	11	9
	3 Michael Rumery	Plano	(37)	+36	25:55.35		8:20.6	21	18
	4 Curt Burgess	Flower Mound	(39)	-46	28:51.60		9:17.3	30	25
M40-44	1 Duane Thomason	Plano	(44)	-20	25:48.34		8:18.4	20	17
	2 Keith Kupiec	Carrollton	(43)	+112	27:35.90		8:53.0	24	21
M45-49	1 Layton Freeman	Coppell	(45)		23:55.72	✓	7:42.1	12	10
	2 Jeff Breese	Frisco	(46)	-13	24:07.66		7:46.0	14	12
	3 M Maimonides		(47)	+23	25:20.95		8:09.5	16	13
	4 Kenny Hallman		(49)	+25	26:21.75		8:29.1	23	20
M50-54	1 David Short	Frisco	(50)	-16	24:07.47	✓	7:45.9	13	11
	2 Dennis Maietta	Grapevine	(50)	-62	25:25.16		8:10.9	17	14
	3 David Maldonado	Plano	(52)	-19	28:11.12		9:04.3	27	23
M55-59	1 James Johnson	Dallas	(58)	-18	25:48.29	✓	8:18.3	18	15
	2 Ruben Reyes	Carrollton	(55)	+23	27:40.21		8:54.4	25	22
M60-64	1 John Nance	Rowlett	(62)	+26	23:27.02		7:32.9	7	6
	2 Glenn Dumas	Farmers Branch	(61)	-13	25:31.62		8:13.0	19	16
	3 Ronald Bennett	Waterford, PA	(63)	+79	29:17.12		9:25.6	32	27

FN*: Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

Negative Split

 DeltaViewTiming.com

5K FEMALE

18 Runners --- Average Time of **34:45**

	Name	City	(Age)	Split	Chip Time	FN*	Pace	Place in OA	GD
OVERALL	1 Laura Nelson	Grapevine	(45)	+12	20:37.87		6:38.4	2	1
MASTERS	1 Yanira Lopez	Farmers Branch	(48)	+21	28:01.47		9:01.2	26	3
SENIORS	1 Carol Creech	Plano	(60)	+94	38:33.53		12:24.7	44	12
F20-24	1 Sharon Wu	Garland	(23)	+70	28:06.16		9:02.7	36	7
	2 Elisabeth Gines		(20)	+149	38:17.16		12:19.4	42	10
F25-29	1 Sarah Bohlman		(28)	-13	28:13.14		9:05.0	29	4
	2 Melisia Beukema		(29)	+101	30:26.24		9:47.8	34	6
	3 Chelsea Hamilton		(28)	+36	38:17.69		12:19.6	43	11
F30-34	1 Karen Oliver		(33)	-25	24:14.42		7:48.1	15	2
	2 Amanda Gylling	The Colony	(30)	+107	53:32.75		17:14.1	49	17
F35-39	1 Rebekah Currier		(35)	+8	40:36.00		13:04.1	45	13
	2 Evelyn Bruser	Coppell	(39)	+163	47:35.32		15:19.0	48	16
F40-44	1 Michelle Beckley	Dallas	(41)	+13	30:23.24	✓	9:46.8	33	5
	2 Scymentress Williams	Arlington	(40)	-6	42:05.31		13:32.8	47	15
F45-49	1 Maryanne Maldonado	Houston	(46)	+58	35:23.11		11:23.4	39	8
F50-54	1 Karol Curran		(54)	+12	35:39.09		11:28.5	40	9
F60-64	1 Fran Stout		(60)	+61	41:51.75		13:28.5	46	14
FStroller	1 Blake Bruser	Coppell	(1)	-24	23:35.01		7:35.5	10	0

FN*: Broke Age-Group Record **GD** Place among Females
 Ran Mile before 5K ✓ #Races PR @ Carrollton Runners (2003 & later)

▲ Positive Split
 ▼ Negative Split

1M MALE

18 Runners --- Average Time of 9:07

	Name	City	(Age)	Split	Chip Time	FN*	Pace	Place in OA	GD
OVERALL	1 Sean McGowan	Frisco	(37)		6:39.93		6:39.9	1	1
M01-09	1 Nathan Eppelman	Coppell	(5)		11:58.32	✓	11:58.3	19	16
	2 Nicholas Eppelman	Coppell	(5)		12:11.61	✓	12:11.6	20	17
M10-14	1 Zac Hoppe		(14)		9:22.20		9:22.2	14	12
M25-29	1 Christopher Williams	Carrollton	(29)		11:49.05		11:49.1	18	15
M30-34	1 Greg Makin	Aubrey	(30)		10:38.74		10:38.7	15	13
M35-39	1 Nathan Bruser	Coppell	(39)		8:16.38		8:16.4	11	9
M40-44	1 Duane Thomason	Plano	(44)		7:55.88		7:55.9	6	6
	2 Scott Eppelman	Coppell	(44)		12:15.14	✓	12:15.1	21	18
M45-49	1 Kenny Hallman		(49)		6:56.99		6:57.0	2	2
	2 Ruben Saguil	Carrollton	(46)		7:06.00		7:06.0	5	5
	3 Jeff Breese	Frisco	(46)		8:56.57		8:56.6	13	11
M50-54	1 Gabriel Sapien	Carrollton	(51)		6:57.26		6:57.3	3	3
	2 David Short	Frisco	(50)		8:56.29		8:56.3	12	10
	3 David Maldonado	Plano	(52)		11:00.20		11:00.2	17	14
M55-59	1 Julio Lopez	Farmers Branch	(55)		7:02.17		7:02.2	4	4
	2 Ruben Reyes	Carrollton	(55)		8:01.56		8:01.6	9	8
M60-64	1 Glenn Dumas	Farmers Branch	(61)		7:58.38		7:58.4	7	7

1M FEMALE

4 Runners --- Average Time of 11:32

	Name	City	(Age)	Split	Chip Time	FN*	Pace	Place in OA	GD
OVERALL	1 Yanira Lopez	Farmers Branch	(48)		7:59.33		7:59.3	8	1
F45-49	1 Maryanne Maldonado	Houston	(46)		10:59.87		10:59.9	16	2
F55-59	1 Joyce Lindamond		(58)		18:53.55		18:53.6	22	3
FStroller	1 Blake Bruser	Coppell	(1)		8:16.25	✓	8:16.3	10	0

FN*: Broke Age-Group Record GD Place among Females
 Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

▲ Positive Split
▼ Negative Split

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6771 Sean Mcgowan (M37)	1	M35-39	OA	---				6:39.93	✗	6:39.9	22.75	6:39.93	57.6%
2	7231 Kenny Hallman (M49)	2	M45-49	1st	---				6:56.99		6:57.0	23.72	6:56.99	60.5%
3	7015 Gabriel Sapien (M51)	3	M50-54	1st	---				6:57.26		6:57.3	23.78	6:57.26	61.5%
4	7193 Julio Lopez (M55)	4	M55-59	1st	---				7:02.17		7:02.2	24.06	7:02.17	62.8%
5	7003 Ruben Saguil (M46)	5	M45-49	2nd	---				7:06.00		7:06.0	24.29	7:06.00	57.9%
6	6752 Duane Thomason (M44)	6	M40-44	1st	---				7:55.88	✗	7:55.9	27.08	7:55.88	51.0%
7	7014 Glenn Dumas (M61)	7	M60-64	2nd	---				7:58.38		7:58.4	27.25	7:58.38	58.4%
8	7198 Yanira Lopez (F48)	1	F45-49	OA	---				7:59.33		7:59.3	27.31	7:59.33	60.8%
9	6798 Ruben Reyes (M55)	8	M55-59	2nd	---				8:01.56		8:01.6	27.43	8:01.56	55.1%
10	7316 Blake Bruser (F1)	0	FStroller	1st	---				8:16.25	✓ 1	8:16.3	28.28	8:16.25	
11	7097 Nathan Bruser (M39)	9	M35-39	2nd	---				8:16.38		8:16.4	28.28	8:16.38	47.1%
12	6527 David Short (M50)	10	M50-54	2nd	---				8:56.29	✗	8:56.3	30.56	8:56.29	47.5%
13	6785 Jeff Breese (M46)	11	M45-49	3rd	---				8:56.57		8:56.6	30.56	8:56.57	46.0%
14	6786 Zac Hoppe (M14)	12	M10-14	3rd	---				9:22.20	✗	9:22.2	32.04	9:22.20	43.6%
15	6772 Greg Makin (M30)	13	M30-34	3rd	---				10:38.74	✗	10:38.7	36.38	10:38.74	34.9%
16	6783 Maryanne Maldonado (F46)	2	F45-49	1st	---				10:59.87	✗	10:59.9	37.58	10:59.87	43.1%
17	6784 David Maldonado (M52)	14	M50-54	3rd	---				11:00.20		11:00.2	37.63	11:00.20	39.2%
18	6713 Christopher Williams (M29)	15	M25-29	1st	---				11:49.05	✗	11:49.1	40.43	11:49.05	31.4%
19	6766 Nathan Eppelman (M5)	16	M01-09	2nd	---				11:58.32	✓ 3	11:58.3	40.94	11:58.32	47.5%
20	6767 Nicholas Eppelman (M5)	17	M01-09	3rd	---				12:11.61	✓ 3	12:11.6	41.68	12:11.61	46.6%
21	6765 Scott Eppelman (M44)	18	M40-44	3rd	---				12:15.14	✓ 2	12:15.1	41.91	12:15.14	33.0%
22	6795 Joyce Lindamond (F58)	3	F55-59	1st	---				18:53.55	✗	18:53.6	64.60	18:53.55	29.4%
Average Finish Time:									09:33	Average Age Grade:				48.3%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD		
1	6774 Joseph Caguioa (M19)	1	M15-19	OA	2.3	1	10:11	1	10:21	+10	20:31.88	✗	6:36.5	20:34.15	64.2%	
2	7274 Laura Nelson (F45)	1	F45-49	OA	0.3	2	10:13	2	10:25	+12	20:37.87		6:38.4	20:38.20	77.4%	
3	7015 Gabriel Sapien (M51)	2	M50-54	MS	1.4	3	10:32	3	10:30	-3	21:01.78		6:46.1	21:03.21	70.7%	
4	6789 Adam Oliver (M32)	3	M30-34	1st	3.3	5	11:10	4	11:16	+6	22:25.97	✗	7:13.2	22:29.26	58.0%	
5	7193 Julio Lopez (M55)	4	M55-59	SR	1.2	7	11:20	5	11:29	+9	22:48.51		7:20.5	22:49.69	67.4%	
6	6756 Kevin Kittredge (M39)	5	M35-39	1st	3.3	4	11:10	8	11:53	+43	23:02.33	✗	7:24.9	23:03	23:05.63	58.8%
7	144 John Nance (M62)	6	M60-64	1st	---	8	11:31	11	11:56	+26	23:27.02		7:32.9	23:45	23:27.02	69.6%
8	6779 Nate Hoppe (M12)	7	M10-14	1st	---	6	11:14	15	12:19	+65	23:33.69	✗	7:35.0	23:55	23:33.69	63.1%
9	6759 Luis Carmona (M30)	8	M30-34	2nd	1.2	9	11:31	13	12:06	+35	23:36.51	✗	7:35.9	23:60	23:37.74	54.8%
10	7316 Blake Bruser (F1)	0	FStroller	1st	11.3	10	11:59	7	11:36	-24	23:35.01		7:35.5	23:58	23:46.34	
11	7097 Nathan Bruser (M39)	9	M35-39	2nd	11.2	11	12:00	6	11:36	-24	23:35.21		7:35.5	23:58	23:46.41	57.4%
12	6558 Layton Freeman (M45)	10	M45-49	1st	2.9						23:55.72	✓ 2	7:42.1	23:92	23:58.57	59.2%
13	6527 David Short (M50)	11	M50-54	1st	0.2	13	12:12	10	11:56	-16	24:07.47	✓ 3	7:45.9	24:12	24:07.63	61.1%
14	6785 Jeff Breese (M46)	12	M45-49	2nd	0.3	12	12:10	12	11:57	-13	24:07.66		7:46.0	24:12	24:07.99	59.2%
15	6790 Karen Oliver (F33)	2	F30-34	1st	3.8	14	12:20	9	11:55	-25	24:14.42	✗	7:48.1	24:23	24:18.24	61.3%
16	6776 M Maimonides (M47)	13	M45-49	3rd	5.7	15	12:29	19	12:52	+23	25:20.95		8:09.5	25:33	25:26.66	56.8%
17	7273 Dennis Maietta (M50)	14	M50-54	2nd	7.3	24	13:14	14	12:11	-62	25:25.16		8:10.9	25:42	25:32.43	58.0%
18	7191 James Johnson (M58)	15	M55-59	1st	---	21	13:03	18	12:45	-18	25:48.29	✓ 4	8:18.3	25:80	25:48.29	61.1%
19	7014 Glenn Dumas (M61)	16	M60-64	2nd	17.4	18	12:52	16	12:39	-13	25:31.62		8:13.0	25:52	25:49.04	63.4%
20	6752 Duane Thomason (M44)	17	M40-44	1st	4.2	22	13:04	17	12:44	-20	25:48.34		8:18.4	25:80	25:52.53	54.5%
21	6754 Michael Rumery (M37)	18	M35-39	3rd	8.9	16	12:40	21	13:16	+36	25:55.35	✗	8:20.6	25:92	26:04.21	51.5%
22	6792 Paul Beukema (M34)	19	M30-34	3rd	5.2	20	13:02	20	13:07	+5	26:08.58	✓ 2	8:24.9	26:13	26:13.77	50.1%
23	7231 Kenny Hallman (M49)	20	M45-49	4th	2.2	19	12:58	22	13:24	+25	26:21.75		8:29.1	26:35	26:23.97	55.5%
24	7147 Keith Kupiec (M43)	21	M40-44	2nd	4.4	17	12:52	30	14:44	+112	27:35.90		8:53.0	27:58	27:40.34	50.6%
25	6798 Ruben Reyes (M55)	22	M55-59	2nd	4.0	26	13:39	25	14:02	+23	27:40.21		8:54.4	27:67	27:44.22	55.5%
26	7198 Yanira Lopez (F48)	3	F45-49	MS	4.2	27	13:50	27	14:11	+21	28:01.47		9:01.2	28:02	28:05.70	58.9%
27	6784 David Maldonado (M52)	23	M50-54	3rd	---	31	14:15	23	13:56	-19	28:11.12		9:04.3	28:18	28:11.12	53.2%
28	6517 John Veloria (M21)	24	M20-24	1st	1.9	23	13:13	31	15:02	+110	28:15.01	✓ 1	9:05.6	28:25	28:16.92	45.8%

29	6734	Sarah Bohlman (F28)	4	F25-29	1st	6.3	30	14:13	24	14:00	-13	28:13.14	⊗	9:05.0	28.22	28:19.45	52.4%	
30	6764	Curt Burgess (M39)	25	M35-39	4th	6.3	34	14:49	26	14:03	-46	28:51.60		9:17.3	28.85	28:57.86	46.9%	
31	6713	Christopher Williams (M29)	26	M25-29	1st	8.4	32	14:23	29	14:40	+18	29:02.84		9:21.0	29.03	29:11.19	44.5%	
32	6778	Ronald Bennett (M63)	27	M60-64	3rd	---	28	13:59	32	15:18	+79	29:17.12	⊗	9:25.6	29.28	29:17.12	56.2%	
33	6726	Michelle Beckley (F41)	5	F40-44	1st	2.7	35	15:05	33	15:18	+13	30:23.24	✓	4	9:46.8	30.38	30:25.95	50.8%
34	6793	Melisia Beukema (F29)	6	F25-29	2nd	5.1	33	14:23	35	16:03	+101	30:26.24		9:47.8	30.43	30:31.33	48.6%	
35	6777	Ali Mozayan (M20)	28	M20-24	2nd	2.3	29	14:11	36	17:29	+198	31:40.58	⊗	10:11.7	31.67	31:42.91	41.2%	
36	6717	Sharon Wu (F23)	7	F20-24	1st	340.5	25	13:28	28	14:38	+70	28:06.16	⊗	9:02.7	28.10	33:46.67	52.7%	
37	6780	Gavin Hunt (M11)	29	M10-14	2nd	0.5	42	18:45	34	15:54	-171	34:38.50	⊗	11:09.0	34.63	34:39.01	44.2%	
38	6794	Aidan Beukema (M6)	30	M01-09	1st	2.0	37	17:06	37	17:53	+47	34:59.04	✓	1	11:15.6	34.98	35:01.07	53.4%
39	6783	Maryanne Maldonado (F46)	8	F45-49	1st	---	38	17:12	39	18:11	+58	35:23.11	⊗	11:23.4	35.38	35:23.11	45.6%	
40	6791	Karol Curran (F54)	9	F50-54	1st	1.6	39	17:44	38	17:56	+12	35:39.09		11:28.5	35.65	35:40.71	49.9%	
41	6797	Gavin Berghuis (M14)	31	M10-14	3rd	5.8	36	15:34	44	20:31	+297	36:04.67	⊗	11:36.7	36.07	36:10.47	39.3%	
42	6755	Elisabeth Gines (F20)	10	F20-24	2nd	3.5	40	17:54	43	20:23	+149	38:17.16	⊗	12:19.4	38.28	38:20.66	38.7%	
43	7358	Chelsea Hamilton (F28)	11	F25-29	3rd	13.4	43	18:51	40	19:27	+36	38:17.69		12:19.6	38.28	38:31.13	38.6%	
44	7024	Carol Creech (F60)	12	F60-64	SR	3.5	41	18:30	41	20:04	+94	38:33.53		12:24.7	38.55	38:37.02	50.1%	
45	6787	Rebekah Currier (F35)	13	F35-39	1st	5.3	44	20:14	42	20:22	+8	40:36.00	⊗	13:04.1	40.60	40:41.28	36.8%	
46	6796	Fran Stout (F60)	14	F60-64	1st	1.4	45	20:26	46	21:26	+61	41:51.75	⊗	13:28.5	41.85	41:53.14	46.2%	
47	6769	Scymentress Williams (F40)	15	F40-44	2nd	1.7	46	21:06	45	20:59	-6	42:05.31	⊗	13:32.8	42.08	42:07.01	36.4%	
48	7315	Evelyn Bruser (F39)	16	F35-39	2nd	13.8	47	22:26	47	25:09	+163	47:35.32		15:19.0	47.58	47:49.14	32.0%	
49	6773	Amanda Gylling (F30)	17	F30-34	2nd	4.8	48	25:53	48	27:40	+107	53:32.75	⊗	17:14.1	53.53	53:37.55	27.6%	
50	6772	Greg Makin (M30)	32	M30-34	4th	3.8	49	25:53	49	27:42	+109	53:34.52	⊗	17:14.7	53.57	53:38.35	24.1%	
Average Finish Time:											29:57	Average Age Grade:				52.1%		

FN*: Broke Age-Group Record GD Place among Females
 Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

▲ Positive Split
 ▼ Negative Split

Timing provided by:
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